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MONTHLY

INDUSTRIAL NUTRITION SERVICE



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For employee publications, and individuals
and groups promoting nutrition education

Office of Supply (CCO) 821 Market St., Rm. 700, S.F. 3, Calif.
WAR FOOD ADMINISTRATION, Office of Distribution

Meat rationing gives everyone an opportunity to buy a fair share of the available meat, but it does not, of course, always provide for a choice quality of meat. Because the country's meat supply was becoming tighter, many point-free cuts went back on the ration list early this year so that everyone could get a share of the available supply.

Today the housewife is confronted with the problem of providing her family with nutritious meals which use the available meats and which the family will enjoy. The problem requires skill and resourcefulness, but the point-thrifty housewife accepts the challenge as a part of her wartime routine. She balances her ration points through careful meal planning; she considers it her patriotic duty to make use of the available foods, and she gives her family meals which are nutritious and delicious, too. Here's how she does it.

She knows her meat extenders

Meat-extender dishes are made by combining meats with other foods, such as vegetables, cereals, legumes, milk, and eggs. When meats are extended it must be remembered that the meat flavor is extended but not its food value; therefore, good-sized portions of meat-extender dishes should be served. If a comparatively small amount of meat has been used in the main dish, the protein value of the meal may be improved by serving a dessert made with milk and eggs. For example, if stuffed green peppers have been served as the main dish, then the nutritive value of the meal will be improved if baked custard is used as the dessert.

She knows her meat alternates

Meat alternates are those dishes used in place of meat. Poultry, fish, cheese, eggs, milk, dry peas and beans, soybeans, and peanuts are all good sources of protein and can be used as meat alternates, interchangeably with meat. Legumes and nuts, however, contain protein of lower nutritive value than animal protein. When these are used as alternates for meat, the nutritive value of the meal is improved by serving milk, cheese, or eggs, whether in combination with or accompanying these meat alternate dishes.

She knows and uses the point-free meats

Ration-free Utility lamb and veal are good meats and are just as high in nutritive value as top grades of the corn-fed meats. The secret of a delicious main dish of Utility meat is in the cooking -- low temperature with moist heat. Stews, meat pies, meat loaves, boiled dinners of the point-free Utility lamb and veal or the point-free mutton help to balance the family ration-point budget.

Other no-point meats for the family are hearts, kidneys, lamb and pork liver, sweetbreads and tongue. Don't be discouraged if at first the family is inclined to turn up their noses at these cuts. Try them again and again, in various ways, because often an unfamiliar food, spurned at first introduction at the family table, becomes a favorite if given half a chance. The stuffed heart and the beef and kidney pie, unfamiliar to many a family before the war, are now popular with many.

She serves well-planned, nutritious meals

Planning is more than half the battle. When each day's meal must be made around the meat available in the market, last-minute shifts must often be made at the butcher's counter. This demands that meal plans be flexible so substitutions can be made readily.

The following menus for one week show how a family of four can have good, nutritious dinners by using the currently abundant foods. These dinners are easy on the pocketbook as well as on the ration points:

<u>Sunday</u>	<u>Wednesday</u>
Chicken fricassee	Pot roast of beef - Gravy
Mashed potatoes - Green beans	Browned potatoes - Spiced beets
Orange salad	Shredded lettuce salad
Hot biscuits - butter or fortified margarine	Enriched bread
Vanilla ice cream - honey sauce	Butter or fortified margarine
Milk	Raisin rice pudding
	Milk
<u>Monday</u>	<u>Thursday</u>
Lamb stew with potatoes, onions, & carrots	Spaghetti with meat sauce*
Red apple and celery salad	Cooked carrot strips
Enriched bread	Mixed green salad with French dressing
Butter or fortified margarine	Whole-wheat bread
Hot gingerbread	Butter or fortified margarine
Milk	Baked custard
	Milk
<u>Tuesday</u>	<u>Friday</u>
Braised stuffed beef heart - Gravy	Broiled fillet of halibut - Lemon slice
Parsley potatoes	Fresh spinach - Baked potatoes
Green peas - Celery curls	Chopped cabbage and green pepper salad
Whole-wheat bread	Enriched bread
Butter or fortified margarine	Butter or fortified margarine
Chocolate pudding	Oatmeal cookies
Milk	Milk
<u>Saturday</u>	
Pork sausage	
Baked sweetpotatoes	
Boiled green cabbage - Crisp carrot sticks	
Whole-wheat muffins	
Butter or fortified margarine	
Baked apples with top milk	
Milk	

*Meat sauce made with leftover beef from pot roast.